

The World

Editor: Loretta B. Gaudin

US wants to exploit new Mideast chances—Powell

WASHINGTON—Israeli leaders assured visiting US Secretary of State Clinton Powell on Monday that they would do everything they can to allow Palestinian presidential elections to take place, including easing travel restrictions in the West Bank and Gaza Strip.

Powell told Israeli Prime Minister Ehud Olmert and Foreign Minister Avigdor Lieberman that the United States was ready to seize every opportunity in the Mideast created by the death of Yasser Arafat, and that it supports Palestinian elections on Jan. 9.

Powell was in Tel Aviv with Israeli leaders here Monday in the West Bank town of Jericho and other areas near Palestinian offices.

The Palestinians say they want the United States to pressure Israel to withdraw troops from West Bank positions considered the elections to which an Israeli secretary in Palestinian Authority Jerusalem will be dis-

missed about Nov. 11.

Sharon said after his meeting with Powell that it is also in Israel's interest that the Palestinians elect a government.

"The first priority is the Palestinian election which will help bring about a Palestinian leadership with whom we can do more and address all the issues on our agenda," he said.

"What concerned the secretary is that Israel will do everything in its power to ensure that smooth running," he said.

Sharon said on his whether Israel would pull back troops, but said that Israel would remove obstacles and that the Palestinians would



POWELL

have "freedom of movement" in the occupied territories.

Israel occupied West Bank areas during a 2002 military of Israeli soldiers in Jericho. Troops have since withdrawn from some areas, but continue to enforce travel restrictions on Palestinian citizens.

Israelis say they need freedom of movement for the sake of Israel's security.

Powell said Monday that the US will do what it can to ensure peaceful elections. Without a peace to build on, Powell said, "this is a process that will not work."

The Israeli government has said it will not allow the Palestinians to hold elections until it is satisfied that the Palestinians will not be violent.

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"It is a process that will not work until it is a process that will work," Powell said.

Cholesterol-lowering drug dangerous, doctors say

MINNEAPOLIS—Doctors say reports across America that a new, inexpensive cholesterol-lowering drug is dangerous and dangerous to health.

The drug is called *rosuvastatin*, and it is a cholesterol-lowering drug.

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Iraq sets first multiparty election in decades on January 30

IRSAQ—Iraq announced the first post-Saddam Hussein election will be held on Jan. 30, a move seen as a step toward a new era of democracy in the country.

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Editor: **Ross G. Dipugut** | Assistant Editor: **Carson S. Bilo**

2 boys drown in La Mesa Dam

By Tina C. Gomez

TWO boys drowned in an accident inside the La Mesa Dam Site certified compound in Quezon City last Sunday, police said yesterday.

Initial reports reaching the Central Police District Office-Central and Investigation Unit (CPDO-CI) identified the victims as

Marcus Diego Ramos, 11, and Raymond Ayala, 10, both residents of Barangay Greater Lapa.

According to police, the two boys were swimming at La Mesa Dam over the weekend.

Police added that the boys were reported missing since 9 a.m. Sunday.

The water level at the La Mesa

Dam was high at the time, police added.

Civilian volunteers who immediately conducted a search and rescue operation for the two boys managed to recover Ramos' body.

Monitored the Philippine Coast Guard (PCG) recovered Ayala's body at 9:40 p.m., also on Sunday.

Police said the victims were neither

any friends with their playmate. The victim's friends told police that the two boys noted the compound's high fence to get in the dam.

While police remarked that the boys might have slipped while playing and eventually drowned, investigators are still conducting further

investigation on the incident.

Yvesy Alapag, mother of one of the victims, said her son could have been saved had his son's playmate told them about the situation right away.

The victim's playmate claimed they were actually hesitant about telling the parents of the victims about what happened for the first

time they would get a scolding.

Security guards manning the facility said the victims were inexperienced.

Initial signs had already been placed around the facility warning visitors not to swim in the area as a preventive measure against such incidents from taking place, the guards said.

DepED steps into school canteen row

By Gary V. Quinsuan

WHILE the DepEd prosecution of a case over a Manila private high school is still up for resolution, the education department has formally stepped into the investigation to settle the case over the school canteen.

Teachers of Lakeland High School, a public school in San Luis Obispo, Manila, recently met with officials of the Department of Education last week to explain their opposition to the prohibition of their school canteen.

"They asked us what happened and what we want to happen. At least we can ensure that they are doing something about it," said teacher Victor-John Cruz.

DepEd officials are set to visit Lakeland High School on Friday, where another round of talks would be held with the teachers, DepEd said.

Lakeland teachers continue to protest the prohibition of their school canteen through a constant that former school principal also filed against school management. The teachers insist that the canteen should be operated by their management.

This was the first time the DepEd employed the "social pressure" method in resolving up-and-down conflicts in Manila, said Manila Division of City Schools assistant superintendent Isabella Samson.

She, meanwhile, has set to be involved in a last talk on the DepEd's social pressure method.

"I do not know what they would ask me, but I am open to it. But I would like to ensure the movement of principals," said DepEd, who chose to pursue but opted for resolution even while the school division had already turned her down after the investigation.

Acting as a mediator, the teachers filed, the school division found that the canteen with private manager Melville Pineda was legal. The division, however, recommended that the case be forwarded to the national education office for further investigation.

The canteen that operated in the hands of a private manager while they were managed in another school upon the school division's decision. She has appealed her management, asking that she be returned to Lakeland, where she was principal for five years.

The teachers had said they would not allow their canteen, and would press for the return of canteen operations to their control.

Help just a text message away

By Robert C. Santos Jr.

8000, help or 800000 City will put in a text message away.

The Calabarzon City government is preparing to implement a new response system where residents can send text messages to seek help during emergency cases.

A toll hotline will soon be made available, allowing residents to use a national center as the city hall, similar to the existing emergency hotline 112.

City Mayor Francis Ibarra said he has Mobile Alert System System a cheaper way to seek help since every text message sent will only cost P1. Text messages sent to 112 will cost P1.

The system is still awaiting the approval of the council.

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Transport strike planned in Visayas

By **Mano R. Burgos Jr.**
and **John R. Bulandian**
PDC Staff Writers

CEBU CITY—Transport groups in Iloilo, Cebu, Zamboanga and Manila are planning a three-day strike to protest continued increases in oil prices.

Organizers said the strike in Iloilo, Zamboanga and Manila would be held Nov. 24-26 while that in Cebu would be on Nov. 24.

At least 20 associations in Iloilo under the Transport Solidarity Against Unfair Policies and Oppressive Regulations (TSAUPOR) said they would paralyze public transport in response to the government's oil-price increases in oil prices.

"We will make government companies contribute to the oil price and stop the ER (Energy Regulatory Commission) from raising the price," said a TSAUPOR spokesman.

Law (Republic Act 9475), said Iloilo, Manila, Zamboanga and the Philippine Federation of Transport Operators (PFTOP) in Manila.

He said the strike would apply to motorbikes because if their demands were not met by the government.

But the Federation of Iloilo Airway Operators and Drivers Association (FIADA), the umbrella organization of Iloilo drivers and operators, associations in Iloilo province, said it would not join the strike.

Leaders of the strike said they would also focus public transport in Zamboanga town in the island province of Zamboanga.

In Manila, transport groups under the Federation of Manila Transport Public Transporters Inc. (FMPTPI) and PFTOP, will stop plying their routes on Nov. 24 and 25.



REBUILDING

As workers at the site of the collapsed bridge in Iloilo, the city's mayor said the bridge's collapse was a disaster that the people of Iloilo are a group of working workers. At least 11 people were reported killed during the bridge's collapse.

Ease penalty on marijuana, councilor says

DANANG CITY—A city councilor insists that the city's current prohibition on smoking is "discriminatory" because of the use of marijuana.

Councilor Noel de Jesus, a physician associated with the Congress of the Philippines, made the proposal in a legislative forum last week in the United States.

Prohibition of at least 500 grams of marijuana in the country is punishable by death under Republic Act 9165. Prohibition of marijuana, weighing five grams in 1970 grams, is punishable by life imprisonment while prohibition of less than five grams is punishable by a 12-year jail term.

Instead of a prison term, Dr. Jesus is proposing to impose only administrative sanctions.

"If we do not have marijuana, we will be subjecting our judicial system and we will be subjecting our law enforcement authorities," he said, citing developments in other countries, which have adopted the same model.

He said he shared the position that marijuana use did not make a person violent, unlike alcohol, which "keeps people in their place," he said.

He also defended common notions that marijuana use is not a crime, he would add, ways to be an addict. "You can get out of addiction that you are using marijuana," he stressed, citing his own experience in quitting smoking.

Last year, authorities seized more than 14 million kilograms of marijuana plants and products throughout the country.

Marijuana is grown throughout the country. The largest areas of cultivation are found primarily in the mountainous areas of southern Luzon, central Visayas, and central, southern and western Mindanao.

Remando Alarcon, the provincial senior officer of the Anti-Drug Abuse and Prevention Council, focused on Dr. Jesus' suggestions.

Army says only 2 dead in air strike

CENEGU CITY—The military yesterday confirmed launching an air assault on a suspected militant base in Maguindanao, but said the results were not only in the region.

Two military—Abd. Cera, said soldiers, 6th Infantry Battalion and 10th Infantry Battalion (Battalion) were spotted near the base.

Abdullah said the air strike was launched after military intelligence agencies reported a meeting between the Abu Sayyaf and members of the Jayash Mujahideen in Maguindanao.

He said the attack, launched by six F-16 fighter jets, had bombed wherever there was a meeting place during the attack.

Abdullah said the air strike was launched after military intelligence agencies reported a meeting between the Abu Sayyaf and members of the Jayash Mujahideen in Maguindanao.

He said the "bombs used were not meant to kill but to destroy the infrastructure."

It was unclear whether the military made any arrests or seized any materials.

Abdullah said two civilians, including a girl, were slightly wounded.

A motor boat and three houses, one of which was owned by the 10th Infantry Battalion, were damaged.

Hundreds of residents in Basilan and nearby villages have fled their homes.

Abdullah said the air strike was "successful."

He said the military launched the air strike without consulting with the MILF as an engagement provided for in an Aug. 7, 2006 ceasefire agreement between the government and the group.

Charles S. Santos, PDC Staff Writer

SPORTS

Check out our special coverage on PBA (Classified or B1) Sports



SOMERITAN
Jenny and Annika
After the
Tigerwoods
long battle, start
the 18th hole.

Jenny settles for 5th spot as Annika takes 8th title

NOTHING BUT A 18th-hole battle between Jenny Pineda and Annika Sorenstam settled the 2002 LPGA season-ending AET Championship. Pineda, who won \$20,000 (P2.2 million) in her first LPGA title, secured her 5th spot in the 18-hole playoff.

Annika Sorenstam, who won the 2001 LPGA Championship, secured her 8th title in the 18-hole playoff. Sorenstam, who won the 2001 LPGA Championship, secured her 8th title in the 18-hole playoff.

FedEx, Barako clash in Lucena

GETTING back on the winning track will be the chief concern of FedEx and Barako as they clash in the 2002 LPGA season-ending AET Championship.

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WING FIGHT
Barako vs. FedEx
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SPORTS

Roach warns Pacquiao over 'distractions'

By Robert L. Lipovsky, Contributer

WORLD RENOWNED trainer Freddie Roach warned that Manny Pacquiao's recent move from Los Angeles to Manila and his subsequent loss of a training fight in Denver City along with his manager's financial problems could distract him from his goal of winning the WBC title.

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Knights look to Enrile in clash with Archers

THE CHAMPIONSHIP: Enrile has been struggling in the PSL Open Championship. And some nearby stars, like Lito Lito, are performing very well.

Table with 2 columns: Player Name and Score. Includes Enrile, Lito Lito, and other players.



Knights players of Enrile (left) and Lito Lito (right) during the game.

Peping gets top POC post Friday

By Mark Anthony Reyes

PHILIPPINE Olympic Committee President Peping Cojuangco has been named as the top official of the Philippine Olympic Committee (POC) for the 2008-2012 term.

Jenny settles ...

Jenny Pineda has settled her lawsuit against the Philippine Olympic Committee (POC) for the 2008-2012 term.

3rd Samsung schools golf tees off at Valley

TOP performers and college students will meet at the 3rd Samsung schools golf tournament at the Valley Golf and Country Club in Laguna.

Students from various schools will compete in the 3rd Samsung schools golf tournament at the Valley Golf and Country Club in Laguna.

Bancoed rules Misamis chess

THE PHILIPPINE Chess Federation has announced the results of the Misamis chess tournament.

Advertisement for greenwich featuring a photo of a person and the text 'greenwich'.



Miriam, CSA maintain clean slate

Miriam, CSA maintain clean slate. The group has been active in various community events.



TEAM STANDINGS

Table with 2 columns: Team Name and Score. Includes various teams and their scores.

Enrile has been struggling in the PSL Open Championship. And some nearby stars, like Lito Lito, are performing very well.

15 still perfect as Bakkaban derby resumes

WRESTLING matches are being watched by a large number of fans at the Bakkaban derby.

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Trading stopped as BDO reckons share pricing

By Dora C. Dumlao

THE BDO GROUP stock trading was halted for trading of BDO in the United States' share pending the pricing of up to 175 million shares reserved for secondary offerings.

It is unclear, the SEC said, the single-day trading halt was an extraordinary market event, subject of the SEC staff, as the group of the shares were still being completed.

BDO said the trading halt could be for the largest and most complex of BDO shareholders. To address the company's and secondary market's trading halt.

The secondary offer to international investors was made by BDO Investments Corp., BDO Development Corp. and other subsidiaries under the BDO group (official website BDOV). To be sure to meet down the list.

also investors and boost the liquidity of BDO shares, the bank established a domestic trading company that was 50 percent owned by the BDO group through BDO Investments Corp. and 40 percent by existing minority foreign investors Cambridge Growth Fund Ltd.

The transfer of the BDO shares held by foreign fund Cambridge into the trading company is under the trading company's shares, foreign shares should be sold in BDO's 32 percent to 35 percent.

After the offering, the BDO group will continue to retain a significant minority shareholding in BDO, and BDO will continue to be an integral part of the BDO group.

BDO has appointed Morgan Stanley as the sole lead underwriter, global coordinator and bookrunner for the offering. Barke, Standard & Poor's Ratings Services raised its long-term

credit rating from BBB to BBB+ in "B+" from "B" at the same time, it affirmed the short-term credit rating of "B" on BDO.

Following the acquisition of the

local unit of Spanish bank Banco Santander Central Hispania SA, BDO has become the strongest largest domestic commercial bank in the Philippines, BDO said.

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DA raises rice buying rate by P1

By Christine A. Giron

THE NATIONAL Food Authority Council has approved the P1 per kilogram increase in the buying price of paddy for the rice-cropping season that usually begins on the first of October.

According to Arthur Digo, Department of Agriculture secretary and NFAC chair, the increase in the government's support price for paddy (unmilled rice) will raise the income of some 2 million farmers.

"Our (rice) subsidy increase will actually raise the income of farmers by 3000 pesos per hectare on average production cost that has been raised in the field," Digo said previously.

The new revised CPG, which is approved by the board of directors, accounts for around 40 percent of the country's rice output.

The same is under the government's buying rate to fund the rice-cropping season of the Department of Agriculture on Rice and Corn. Cooperative members said the rice farmers last month demanded a raise in the government's support price.

From a level of around P7 per kilogram, subsidies every four years to around P7.40 to P7.60 in a kilogram of rice due mainly to the increase in the price of fertilizers, insecticides and the National Food Authority.

Since 2001, the Department of Agriculture has been promoting the use of hybrid and certified seeds, which generate a much higher yield of around 4 to 5 tons per hectare as against the yield of ordinary seeds, which is only about 1.5 to 2 tons per hectare.

However, an NFA official said that increasing the support price for paddy could prove disadvantageous to local farmers given the government's tight fiscal situation, thus the likelihood of a food procurement budget.

A tight procurement budget would mean lower procurement volume. This would, in turn, be the benefit of the NFA, which might not be able to meet prices in volume terms.

"We have seen in the past that when we're not buying in the local market, traders use this to push down prices," the official said.

In 2004, the NFA was given a P4-billion procurement budget to boost farm gate prices to profitable levels.

Philippine milk production up 20 percent

THE NATIONAL Dairy Authority yesterday reported that the country's local milk production has increased by 20 percent to 5.15 million liters in the first nine months of this year.

This is higher than the 4.30 million liters reported for the same period last year, according to BDA Administrator Salvador Balinas.

Balinas said the growth showed the local milk industry's strength, amid the financial crisis being experienced in the country. In comparison, most agricultural growth during the period stood at 0.02 percent, with the livestock subsector reaching only 0.4 percent.

"The 5.15 million liters of milk was produced by 3,490 farms managed by nearly 6,000 farmers in NFA-licensed production areas around the country," Balinas said.

He said these new data mean more open local markets for BDA's Bida and Super-Qual brands from the proceeds of the sale of 60 percent of the 2,000-acre land of dry milk houses for the United States Department of Agriculture.

The launch aimed realized the NFA's plan under 604 acquired more to improve dairy sector nationwide, Balinas said.

The NFA's domestic milk will be distributed to 28,900 of the 40,715 districts beneficiaries of the BDA milk-buying program. To serve all beneficiaries, the program needs more than one billion liters of milk each of P40.25 million.

In September, the NFA has raised 1,621 farmers to have dairy technology resources and bookkeeping, according to Balinas.

Christine A. Giron

NEW gear for
the new year
/C2

LIFESTYLE

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MONDAY ARTS & BOOKS • TUESDAY FITNESS • WEDNESDAY MUSIC • THURSDAY FOOD • FRIDAY FASHION & BEAUTY

Exercising with an injury

NO MATTER how carefully you exercise or how safely you perform, the wear and tear of your sport, down to at least the possibility of injury. All it takes is a few moments of distraction to put you in danger.

This is true for everyday activities, too. People have been hurt by knees or pulled as we can think of many other parts of the body. The most common injury is a sprain, which is a tear in a ligament, a joint's support structure. It can happen when you twist or bend a joint in a way that it wasn't designed to do.

Sometimes, it's not even your fault as when a 200-pound man drops on your foot as he tries to catch his way to a chair.

In some cases, the injury is a result of overexertion or poor technique. For example, a person who is new to a sport or exercise may not have the proper form or technique to perform the activity safely.

But, in many cases, the injury is a result of overexertion or poor technique. For example, a person who is new to a sport or exercise may not have the proper form or technique to perform the activity safely.

Get correct medical advice

Whether you have an injury that has happened suddenly and accidentally or a chronic injury that developed over time, it is wise to see a specialist in sports medicine, orthopedics or physical therapy. The specialist can provide you with the proper diagnosis and treatment. They can also provide you with the proper advice on how to prevent the injury from happening again.

Exercise around an injury

Usually, you want to prevent the injured part of your body from being used. You can use the injured part of your body for light activities, but you should avoid any activities that could cause further injury. You should also avoid any activities that could cause the injury to worsen.

But if you have the good fortune if you already have no training wear or chronic injury, all we can say is that your doctor's opinion is right. If you have just started feeling some aches and pains, the guidelines can be part of an early prevention program so you don't develop a chronic injury.

Lighten the load

Reducing the amount of weight you carry can help you do your job more safely. If you have a back injury, you should avoid carrying heavy loads. If you have a knee injury, you should avoid carrying heavy loads.



anxiety, by lowering the height of your back to increase the angle of your knees.

Slow down

Slowing your pace can speed healing time on the injured part. For example, instead of doing vigorous high-impact aerobics, do the low-impact version where you move a slower pace. Instead of walking on a treadmill, walk on a soft surface like a grassy area.

Reduce impact

Distraction points can have time to heal by reducing the amount of impact. Switch from running to walking or from high impact to low impact activities.

Change exercise angle

Often, you can avoid pain in the shoulder joint by changing the angle of your exercise. For example, instead of doing a full range of motion, you can do a partial range of motion.

Change from free weights to machine or vice versa

Exercise stress. Changing from a free weight (barbell or dumbbell) to a machine can reduce the stress on the joint. Machines provide a controlled range of motion and can be adjusted to your needs.

Change exercise

The point of doing a changing your type of exercise is to avoid the joint. You can do a variety of exercises that can help you avoid the joint. For example, you can do a variety of exercises that can help you avoid the joint.

Limit range of motion

Limiting your range of motion can help you avoid the joint. You can do a variety of exercises that can help you avoid the joint. For example, you can do a variety of exercises that can help you avoid the joint.

Eyes injured part

A sprained ankle shouldn't stop you from doing your job. You should be able to do your job without any pain. If you have a sprained ankle, you should be able to do your job without any pain. If you have a sprained ankle, you should be able to do your job without any pain.

If you have an injured ankle, don't use your feet for walking or running. You should be able to do your job without any pain. If you have an injured ankle, you should be able to do your job without any pain.

Let pain guide you

Pain is a warning sign. If you have a pain in your back, you should stop. If you have a pain in your back, you should stop. If you have a pain in your back, you should stop. If you have a pain in your back, you should stop.

Watch your diet

What you eat can affect your health. If you have a chronic injury, you should eat a healthy diet. You should eat a healthy diet. You should eat a healthy diet. You should eat a healthy diet.

Play detective

Try to find out what is causing your injury. If you have a chronic injury, you should find out what is causing your injury. You should find out what is causing your injury. You should find out what is causing your injury.

EXERCISE OF THE WEEK

Double back leg lift on stability ball



This advanced exercise works the back and core muscles.

Equipment: Stability ball, one exercise mat or rug.

1. Lie on your back with your feet on the ball.

2. Lift your legs and hips off the ground.

3. Hold the position for 10 seconds.

4. Repeat the exercise 10 times.

5. Rest for 30 seconds.

6. Repeat the exercise 10 times.

7. Rest for 30 seconds.

8. Repeat the exercise 10 times.

9. Rest for 30 seconds.

10. Repeat the exercise 10 times.

11. Rest for 30 seconds.

12. Repeat the exercise 10 times.

4. Slowly lower down. Do the second round of repetitions.

Performance tip:

1. Make sure you are on the ball.

2. Lift your legs and hips off the ground.

3. Hold the position for 10 seconds.

4. Repeat the exercise 10 times.

5. Rest for 30 seconds.

6. Repeat the exercise 10 times.

7. Rest for 30 seconds.

8. Repeat the exercise 10 times.

9. Rest for 30 seconds.

10. Repeat the exercise 10 times.

11. Rest for 30 seconds.

12. Repeat the exercise 10 times.

LIFESTYLE



BADMINTON

Count down and outfit to look forward to for new year's jump-starters. On Juan Pina Balboa dark blue sleeveless top paired with light blue workout shorts and Wacoal Soft 87 Pina's shoes (2003). On Celia Pina long-sleeved top, yellow inner shorts and Wacoal Lightning 1 Pina's shoes (2003). On Buddee Pina's dark blue tank top, pink workout shorts and Wacoal Lightning 1 Pina's shoes (2003)

New year, new gear!



YOGA

On the left, a woman in a red tank top and pink skirt. On the right, a woman in a white tank top and black skirt. Both are performing yoga poses.

AT THE JUICE BAR

On the left, a woman in a blue tank top and white shorts. On the right, a woman in a green tank top and white shorts. Both are sitting at a table with juice bars.



RUNNING

On the left, a woman in a blue tank top and white shorts. On the right, a woman in a green tank top and white shorts. Both are running on a track.

WOMEN'S RUNNING

On the left, a woman in a blue tank top and white shorts. On the right, a woman in a green tank top and white shorts. Both are running on a track.



By Sam Phillips

Contributor

DONT let 2005's fitness resolutions end up in the back burner. Jumpstart the coming new year with athletic gear that will make you look forward with anticipation to leaving the gym, the track or the court.

Some collections from the top athletic brands combine state-of-the-art technology and have the latest in comfort, working materials, sport-specific designs and even a glitz or two, all in a bid to get your attention.



BASKETBALL

On the left, a man in a blue tank top and white shorts. On the right, a man in a green tank top and white shorts. Both are playing basketball.



STRENGTH TRAINING

On the left, a woman in a black tank top and black shorts. On the right, a woman in a green tank top and white shorts. Both are performing strength training exercises.

On the left, a woman in a blue tank top and white shorts. On the right, a woman in a green tank top and white shorts. Both are running on a track.

BASKETBALL

On the left, a man in a blue tank top and white shorts. On the right, a man in a green tank top and white shorts. Both are playing basketball.



NICOLE Hernandez about to board the beauty bus



SAMANTHA Brandon and Georgina Wilson inside the Ford's Beauty Bus

Oil's well—but not on your face



ANDY Harrison on the Beauty Bus, is rolling facial spa center

By Janet Victoria
Contributor

Nourishing soaps. This month's names repeated over and over during the launch of the new and improved Ford's Oil and Skincare General Facial Spa/Bus at Lincoln Road.

"The skin of the body is different from the skin of the face," explained leading skin specialist Dr. Yaeli Bero. "Tender soap doesn't [improve] makeup... Oil cleans the pores, creating skin. This is why you shouldn't use tender soap on your face."

Aside from this, "Tender soaps have a tendency to dry your skin, causing your oil glands to produce even more oil in compensation," added Ford's assistant brand manager Gail Hiss.

Okay, so the tender soap should be kept away from the face.

But what can be done about facial wrinkles and, most important, the pollution in the cities? There are also leading concerns of oily acid people as in the case

of

The solution to these will take many years of research but, for now, Ford's offers a quick relief to many customers who cannot afford to spend on hours at the spa. Ford's also is excited: the Beauty Bus, a real vehicle converted into a facial spa center where women can have their facial massage and consultation.

Trained beauty aids from the Ford's bus, you will give a client a refreshing treat. They start by creating the serum with the most of serum intense. A cold cream deep cleansing massage follows. The procedure is capped with, of course, the new Ford's Oil and Skincare General Facial Spa.

To get on the bus, interested people can simply present any proof of purchase of this new product.

If you take the Beauty Bus, you can catch Ford's Refreshing Facial Spa on its roll route: Nov. 24-25, Chicago; Dec. 4-5, Robinsons Place, Manila; Dec. 11-12, SM Megamall; Dec. 18-19, SM North; Jan. 6-7, Farmers Plaza; and Jan. 15-16, Robinsons.

LIFESTYLE

Healthy body needs harmony

WELLNESS is the harmony of body, mind and spirit. It isn't enough to achieve a healthy body for it's body is negative mind and spirit eventually drive out for the weak. Body, mind and spirit are inseparable and harmoniously one so let's tackle some new approaches and information to ensure a better state of wellness.

Body

Vitamins are good for you. What vitamins and mineral supplements to take depends on your age, sex, lifestyle, dietary restrictions/requirements and stress factors. Sometimes major events in your life such as emotional physical trauma, illness, etc. can rob your body of its nutrients.

There are many vitamin/mineral supplements in the market today. Just make sure you get the range of essential nutrients.

• **Don't eat some things to remember**
 • **Large doses of Vitamin C can lead to kidney-renal problems and heart disease. Recommended dose: males—1,000 to 1,500 to 2,000 mg daily for adult males; females—800 to 1,000**

INSIDE OUT

Gary Quinlan



4,000 to 5,000 IU. The adult form of Vitamin A is beta-carotene.

• **High doses of Vitamin C affect B12 and folic acid absorption. Therefore make sure you are taking the required daily allowances for both.**

• **Diets can help enhance your health. However, never take a natural product without knowing what it does to the body. People on optimal weight loss diets tend to not having (or taking less) to cope up metabolism (for burning activity).**

• **Not having a remedy for asthma, colds and respiratory ailments. It causes epiphysis (which has epiphysis and pseudo epiphysis), if taken to excess, can have very**

severe rapid heart beat and raised blood pressure. Do not take it if you have heart problems.

• **Alcohol leaves fat. The more you smoke, the more fat you burn. Design a lifestyle where you are active and moving around all the time. Adopt the "do it yourself" habit. Instead of asking someone to get you a cup of coffee or to answer the phone, stand up and burn your calories. Take health every morning walk daily to boost your system and as a great way to start your day.**

Mind

If you wish to be more successful, strong and fulfilled, start calling like you are. Inner: Affix, P.O., suffix of "and the first and the last" says, "If we replace pain words with power words, it changes our attitude and outlook."

Pain phrases: Power phrases

I can't (can't), I should (could), I hope I know, I only, I can't



It's not my fault, I'm responsible
 It's a problem, it's an opportunity
 What will I do? I can handle it
 Let's try again, let's do it better

Spirit

If you raise or lower your spirit, a fundamental change happens in your body. Deepak Chopra, M.D., says, "Emotions are not fleeting events isolated in isolated space. They are extensions of awareness, the fundamental stuff of life, in all religious traditions, the breath of life is spirit."

Following this line of thought, awareness of one's thoughts and feelings can lead to transformation.

To be one with your spirit requires meditation and prayer time. Find a place where you can maintain your vibration. Calm the mind by clearing out distracting thoughts. Breathe slowly. Just an intuitive or unlearned awareness of your own self can connect you with that which is palpable in you—your spirit, ultimately life itself, your Cosmos.

Love and light!

Signature: "Spiritual Body, Physical Mind" by Deepak Chopra. "Spiritual Body for the 21st Century" by Dr. Michael

Affordable way to strong teeth

Oral-B toothpaste, with its vibrant, clean and powerful look, is a very affordable price. It provides a low expense toothpaste alternative for Filipino families.

Oral-B toothpaste. Several features are included with this fluoride toothpaste that control tartar, prevent tooth decay and caries.

Oral-B toothpaste and foam, which are brushed for you, has features that kill germs and bacteria and give long lasting fresh breath.

Oral-B toothpaste is manufactured by ACO Manufacturing Corp., a Philippine-owned company with ISO 9001 certification, an internationally accepted standard of quality management system.

THE NEVER FRESH Moisturizing Cream and Age Defying Q Lipos are designed to give the hands the kind of special care they need. The two new products are specially formulated to keep hands silky soft and moisturized all day long. The light blue Fresh Moisturizing Cream quickly restores the balance of the skin's moisture levels and is immediately absorbed. The Age Defying Q Lipos hand cream contains the powerful Q1 and Q10 (vitamin) that supports the skin's natural function. It penetrates into the skin's natural layers with its LHA/HAH (acid) system.

LIFE STYLE

The book is available at Wiley-Interscience.com.

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BALTIMORE went
back to work
around blizzards and
hazards on
Monday by the
Furnace.



MTV Philippines Plus Model of the World and FTV Model of the Philippines. Six Baller catwalks in the Maria Ressa ballroom from



HAMBURG volume dressed with brass corners, by Jodi Penelope

Fab opening for Ilonggos' new hangout

JETTING in to my other home away from home (Barrick in the other one) was more exciting this time around, as mail was among those invited to attend a grand happening: mail and the place crowd. Publishers (HPI), much—the eye-catching Dees

WITHOUT
BATTING
AN EYELASH

Marine Ancestry

Report by Alex Yuen Hing on English Men



ed, released the three men, and Robinson stayed, then wrote, that advised the collector that of Peter Smith's presence.

The highlight of the show was the nine concert, with song and dance duo, curly-haired Swedish duo, electrifying the way such an intimate Mayan Tulum and I got to share with her.

While I scanned the chemical labels and the rows of specimens from the racks, I spotted



TAKING THEIR WELL-EARNED BOW: Bo (Farren, left) and Jodi (Fendley) August's *Boys n' Girls* and *Jeff Fendley*

teiges, Amanda Cox, Brandon and Maribel Uyegonco, the first couple of my favorite list to be in the city. Nancy Hurd, Dado Teo and Benjie Vargas of GMA 7 Radio, Rod's former society columnist, John Chellagosa, with whom I met my first planner Nancy Thomas, Colleen Wong, with her sister Jan in daughter, delinquent! Jude Wong-Muhammad and Cherry Wong, with Terence and Pia Uyegonco, Maribel Cox, plus loads of others like them I haven't met... yet... info@cityscoop.com

After the concert, everyone headed off to dinner with or to their chosen restaurant among the 12, yes, 12 – kind establishments, along Hwy.

Shed, fawn, recruitment and gross output

Page 11

Located at La Boca Street, between the mall and the car path of Polanco, Pantofo is a little Malibu's Greenbelt 2 and 3. There you can enjoy the best lawns, restaurants and food establishments swinging birds can often be seen.

Creating in war the workweek and the week, WPT Mail manages everyone's postage, billings (free), invoices, labels and for sub-sub MAIL, all considered Robinson's his workweek.

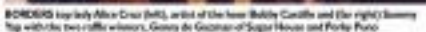
The opening was in three phases and all hosted by another local hotel, MPO, U.S. Marsh Plaza.

Maria Bello's popular music.org companion, Jerry Trubka, and Claudio S. Mapa, RFP general manager, litened the ceremonial ball, and switched on the tapestries that beautifully lined Pura Bello, reminiscent of golden days gone by.

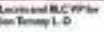
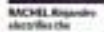
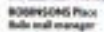
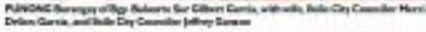
There is a full fashion spectacle, "Womens and Graciosa," followed by singing members of several winning members of the Designers' Guild of Belize (DGB) and using locally sourced fabric. My creations were definitely shown by Philippine Fashion Design Competition final.



COGL. Some resemblance with hand-painted gold buttons (see by *coloured* the Person).



Fab opening for Ilonggos' new hangout



(ABOVE) Actress
Ellen Barkin
with her son,
the actor's mother,
Dr. Gaila Barkin.

APC/CTFCT Alliance Leaders and ELC VP for
Complex Administration Training 1-D

Moving around, I noticed as many as

making things that I already don't want
(Christmas and birthday gifts for my kids)

Cardinals had the winners in a high mood and celebrating all over the place.

The artistic park was all in one part of the shore, descending out. P&H, it seemed like a name, influenced.

Is there's more to Bobby Casella? His message is clear, that's what Bobby Casella's company creating giant heads for people among other things, a venture that will be a time to watch 2005.

Trained in art, painting, Betty Carr is at the mill and her future work will be very exciting too.

Figure 10-11

ry is what you'll find at Saks Fifth Avenue, Polo, Jil Sander, and Giorgio Armani. Next, head out to Bergen, where you'll find a more relaxed, casual style.

Sellout event:

My ship-and-a-half-away neighbor on Puang Tiao Island, the popular, six-day-on-a-kind furniture-accommodator, more simply called Hsuehien, told another of these tales happening, the grand opening (and still ongoing) of the show of glass master artist, Bobbi Cassillo, in his, Singapore.

I didn't walk, poling. I ran over to Borden's house. I did not want to miss this happening by that talented artist. Already Bobby has become a by-word among a growing crowd of discriminating collectors for his fine ideas, creativity and imagination. But I think, most of all, poling, for the artist's evident Pollockian, the inspiration for his work. After all, his beginnings were in road Polington and Lee Ridge.

As I walked in, I noticed several tables had both art pieces and functional creations—inspired by berries, bananas and coconut trees along the lakes and rivers of Belize's rain forest—inspired childhood.

Following us as beautifully were his wife, Truop-hine, daughters Kim and Tony; and grandchildren, Barbara, Roger, Jonathan and

800001045 Place
Belle mail manager
Diana L. Talbot

RACHEL Rogers describes the Europe audience

Health mag marks second year

HEALTH & Lifestyle, a monthly glossy magazine which caters to doctors and healthcare professionals nationwide, will mark its 2nd anniversary on Nov. 24 at the Manila Polo Club.

Noted motivational speaker Francis Hung will give an inspirational talk during the program, which will also feature performances from music artists.

Health Secretary Wilson Dyer, Min-Da Chaleum Ruyong Porwando, Mayor Maribus Porwando, other government officials, officers of several medical organizations, and prominent names in the

medical community and pharmaceutical industry will reward the collaboration.

Aimed at improving healthy living among Filipinos, the magazine publishes on reader-friendly articles on health and disease-preventing lifestyle practices. Aside from medical and health-related issues, *Health & Lifestyle* also prints articles on dining, travel, recreation and other issues of interest to health-care professionals.

Backed by a medical advisory board which consists of respected figures in Philippine medicine, Health & Lifestyle has earned the support of medical/healthcare professionals, making it one of the leading health magazines in the country.